

SIMPLE COMBINATION DINNERS

Simple combo's utilizing store bought ingredients seasoned to your tastes - read labels & be creative!



Easy Miso Soup

Box of Miso Soup
Block Cooked & Season Tofu
Bag Frozen Riced Cauliflower
Stir Fry Mix



Simple Chowder

Box of Prepared v-Soup
Can Cannellini Beans
Can Corn
(both drained)



Hearty Ramen

Package Ramen Noodles
Veggie Bullion of Choice
Sauteed Zucchini & Shredded
Carrots
Block Cooked & Season Tofu



Simple Chili

Can of Veg Chili
Packet White or Brown Rice
Optional Toppings: Diced
Onions, Pickled Jalapeno's,
Crackers, v-Sour Cream



Mashed Bowl

Package v-Mashed Potatoes
Drained Can Corn
v-Chicken Nuggets Prepared
v-Gravy (purchased or made,
see Sauces PMG)



Buddha Bowl

Prepare Riced Cauliflower,
Drain Can Chickpeas add
Sweet Potatoes, Onion, &
Spice (like Shawarma), Roast
Until Crunchy, Combine all
with Dollops of Hummus



Sushi & Dumplings

To-Go Purchase at Market
v-Avocado or Cucumber Rolls
Possible More Choices - Just
Read Ingredients
Quick Cook v-Tofu
Dumplings with Gyoza Sauce



Dinner Omelet

Sauté Veggies of Choice
(like onions, peppers, mushrooms)
Scramble in Container of
JUST Egg
Optional v-Cheese on Top
Side of Hashbrowns



Pizza

Premade or Frozen Crust
Pizza Sauce or v-Pesto
Topping Options:
Sauteed Veggies of Choice,
Olives, Sliced Cherry
Tomatoes, Oregano



Gyro

Package of Pita's, Warmed
v-Gyro Meat, Prepared
Sliced Red Onion
Sliced Tomato
v-Tzatziki (purchased or
made, see Sauces PMG)

Printable Meal Guides

ORGANIZING
a Plant Based Life.com

*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.